



UPAN Newsletter Volume 10 Number 10 | **OCTOBER 2023**
"Empowerment and Growth Through Knowledge and Unity"

* * * * *

**BOPP Counts All – USCF Phones – Vaccines & Boosters – Scabies in Green
 College Ed/Pell Grants – Info on Attorneys – IPP Concerns Not Forgotten –
 1-Year Anniv of USP Bless/Cleanse – New Podcast – Horticulture Prog – Scams**

* * * * *

Next Meeting: Monday, October 9, 2023 6:30 pm - 8:30 pm on Zoom. Guest Speaker: Mark Hugentobler, he has a podcast called *All My Friends are Felons* (like his book) starting October 10th. (Should be an excellent mtg.)
Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> Meetings are FREE and open to the public.

Following Monthly Meeting: Monday, November 13, 2023 on Zoom. **IN PERSON AT The Other Side Academy.** November's meeting will be held at The Other Side Academy (TOSA) **IN PERSON** at 5:30, which will start with TOSA serving us dinner. Then at 6:30 TOSA will give us a presentation and a tour. So whoever cannot make it at 5:30 can show up at 6:30 for the presentation and tour. TOSA is located at 667 East 100 South, Salt Lake City, Utah.

UPAN continues virtual meetings. Also available on UPAN Facebook Live and on Facebook page afterwards. Use link above or visit UPAN website for link (p. 10), or Utah Prisoner Advocate Facebook Page for link to current monthly meeting. Free to the public.

In This Issue: Meeting Announcements, UPAN Newsletter contents in this issue and UPAN Disclaimer	Page 1
» BOPP Counts All Classes, Courses, & Programs You Take by Molly Prince LCSW	Pgs. 1-2
» Additional Phones Being Installed by Molly Prince, LCSW	Page 2
» Flu, COVID, RSV Vaccines & Boosters for 2023 by Molly Prince LCSW	Pgs. 2-3
» Scabies Outbreak in Green – Understanding Scabies by UPAN Med-Team	Pgs. 3-4
» Update – College Education and Pell Grants by Kelly Bingham, UPAN Dir. of Ed Opportunities	Pgs. 4-5
» No Pro-Bono Attorney's list – Info on Attorneys for Indigent People by Molly Prince, LCSW	Page 5
» Inmate Placement Program (IPP) Concerns Not Forgotten by Molly Prince, LCSW	Page 6
» One-Year Anniversary – USP Draper Blessing & Cleansing of Site by Molly Prince, LCSW	Pgs. 6-8
» Introducing New Podcast – All My Friends Are Felons, Former Inmates' Stories by Mark Hugentobler.	Pgs. 8-9
» <i>Dell-Emerald Topics</i> D-E Fun Time (Fun T-shirt sayings) by Hava Laughortwo	Page 9
» Progress on Horticulture Program at USCF by Molly Prince, LCSW	Page 9
» Financial SCAMS Are Abundant: Beware of Phishing & Fraud from America First Credit Union website	Page 10
Couple of Smiles & Maybe a Laugh plus UPAN contact information and Facebook info	Page 10

Disclaimer: Formulate your own opinions about the information presented. This information is presented for the reader's enlightenment and evaluation.

The Board of Pardons & Parole Counts ALL Classes, Courses & Programs You Take
 Molly Prince, LCSW

UPAN received a question based on a rumor that someone heard that the BOPP no longer counts any classes, education, or programming that was completed more than 5 years ago. I reached out to Jennifer Yim, the new Administrative Director of the BOPP. Ms. Yim is

not a Board Member, but an administrator and understands the policies and guidelines the board members must follow. She responded that they would love to clear up this misunderstanding. The reality is that the Board looks at the entirety of what a person

accomplishes during their period of incarceration, not just the last 5 years.

In fact, the information in the programming section of the form they use includes all of the classes/programs completed during the period of incarceration. Also, the

prison should have a record of all psycho-educational courses, educational classes, and programming that each person has completed over their entire incarceration that is supposed to be forwarded to the Board for the blue packet. Everything counts!

Additional Phones Being Installed at USCF

By Molly Prince, LCSW

Shawn Anderson, the Facilities Bureau Director for UDC announced in September that 160 new phones are now being installed at USCF. Great news! The three phones per each individual pod/housing unit were simply not enough as UPAN directors predicted during construction. The reality of this was realized shortly after the move.

Nothing was done to remedy this until this summer, when Brian Redd took over as Executive Director of UDC. We made him aware of the situation and the multitude of problems associated with a lack of phones for incarcerated people to call their support systems.

Talking with Director Redd during his first month, he told me that he understands the importance of incarcerated people being able to make phone calls and stay in touch with their families and friends. Redd understands the power and importance of having community support and ongoing communication with them.

The lack of phones in each housing unit led to safety and security issues. Arguments and fights began over phone use. This led to the control of phones in certain units by certain people, rendering others unable to use them.

In July UPAN learned that there was a Memorandum of

Understanding (MOU) being worked out between the supplier of the actual phone equipment and UDC. Now that the phones have arrived, Shawn Anderson's staff has begun the installation of those 160 new phones.

He told us that there will be the following number of additional phones in each of following housing facilities:

Antelope – men's maximum security: 8 more phones.

Bear – men's general population: 21 more each for Bear 1, 2, 3, & 4 (a total of 84 new phones throughout all housing units in Bear)

Currant – men's geriatric; men's mental health' women's mental health: 11 additional phones

Dell – women's general population: 24 additional phones throughout Dell

Emerald – women's maximum security: 2 more phones

Fremont – R & O intake & assessment: 10 addl. phones

Green – men's treatment facility: 21 additional phones in both programs

The first installation began in Bear 1. They are hoping that by the end of November all additional phones will be installed throughout USCF.

We want to extend our appreciation to Dir. Redd, Shawn Anderson, and all the staff that have contributed to realizing this goal of 160 additional phones in Utah State Correctional Facility.

Flu, COVID, and RSV Vaccines & Boosters for 2023 in Utah's Prisons

by Molly Prince, LCSW

Questions have been coming in about what Corrections plans to do about vaccines this year.

There has already been at least one case of COVID identified in Dell as of the end of September, so masking protocols are starting to be implemented, but they are limited to the housing unit the case is in. We have been told that anyone leaving the exposed housing section must mask, and all staff going in and out of the section must mask. People within the section are apparently presumed to already be exposed, so they are not required to mask while inside the housing section.

I reached out to Dr. Marcus Wisner with questions about the plans for vaccines, boosters, and testing this year. He is the new Director of Correctional Health Services (CHS) for the Dept. of Health & Human Services. DHHS began direct oversight of prison medical, now called CHS, in July. Dr. Wisner responded that they are following the Center for Disease Control (CDC) guidelines for correctional facilities.

R & O processes. Dr. Wisner stated that CHS offers COVID testing during the Receiving & Orientation process when people are processed into the facility. Incoming people are also offered the flu vaccine during R & O. They are also offering COVID vaccines during the R & O process and will offer the new boosters during R & O when they become available.

Flu vaccine. Aside from R & O, throughout the prison the flu vaccine is currently available to anyone who requests it through the Inmate Care Request (ICR) system. He indicated that they will work on a broader effort to provide flu shots to anyone who wants them.

Residents of the men's geriatric facility in USCF Currant can expect to be offered flu shots in the near future. They may have already received them by the time this newsletter is circulating.

COVID Vaccines and Boosters. CHS will be offering COVID vaccines/boosters to all facilities when the new

ones become available. The new booster is more effective against the new variants and was approved by the FDA in September. Some pharmacies in Utah were already administering boosters during the last week of September. Dr. Wisner will be following up on this.

According to media, the Utah Health Department has ordered 5000 doses to supply to uninsured and indigent citizens, since the federal government is no longer subsidizing COVID shots for all residents of the United States and most insurances are now covering the cost.

The low number of doses the Health Department ordered begs the question of when enough doses to vaccinate approximately 6000 incarcerated individuals in the care and custody of the Utah Dept of Corrections will become available, and if the Health Department will order enough doses to cover everyone in our two prisons plus the 1800 folks in the Inmate Placement Program who want to receive them.

"Problems can become opportunities when the right people come together." Robert Redford

September Scabies Outbreak in Green – Understanding Scabies

By UPAN Med-Team

In July, UPAN received information from incarcerated people that they were suffering from rashes that were being diagnosed as eczema. Yet the treatment and medications they were being provided with were not effective. These patients reached out to family and UPAN for support in accessing effective treatment for this miserable condition.

The first concerns UPAN heard were from CUCF. UPAN's Virginia Robertson, retired Nurse Practitioner, identified the symptoms as possibly being scabies and notified CHS about it. They responded that they were looking into it. Next UPAN received a letter from an inmate in a county jail who believed he had scabies. We shared this with UDC plus concerns about the frequency of transfers and moves between both prisons and the county jails if anyone in any of the facilities had untreated scabies.

On September 22, 2023, an outbreak was identified in USCF Green, with 57 people being identified as infected.

Correctional Health Services staff and administrators identified a variety of mechanisms that contributed to the transmission. These included a new intake from a county jail. They also found there were reports of unrelated cases in county jails that could not be traced either to or from the prisons.

Dr. Marcus Wisner, Director of Correctional Health Services with DHHS shared with UPAN's Molly Prince that they have identified various minor, unrelated outbreaks throughout Utah's jails and prisons. Scabies is not uncommon in facilities that are crowded and people live in close contact, such as in prisons.

RSV (Respiratory Syncytial Virus) has increased its presence in adults, particularly the elderly and medically compromised, since the COVID pandemic. RSV is a contagious, potentially dangerous virus that can cause respiratory disease. For decades it has been well known that it is dangerous for babies with undeveloped respiratory systems. Now it is becoming a more common problem in older adults. The medical profession recognizes that it can be more serious for adults over 60, including those with underlying medical conditions.

Until this summer, there was no vaccine available to the public to help support vulnerable populations from experiencing serious complications from RSV. Now that a vaccine is available, Dr. Wisner is working with his administrative team to determine how and when the Correctional Health Services will offer the RSV vaccine to patients for whom it is recommended.

He indicated that once they realized more than eight individuals were reporting the same symptoms, they aggressively took measures to identify the outbreak and institute the quarantine in Green. He assured UPAN that his staff takes all communicable diseases very seriously.

What is Scabies? According to the CDC, "Human scabies is caused by an infestation of the skin by the human itch mite (*Sarcoptes scabiei* var. *hominis*). The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs. The most common symptoms of scabies are intense itching and a pimple-like skin rash."

How is it spread? Scabies usually is spread by direct, skin-to-skin contact with a person who has scabies. It can at times spread indirectly by sharing articles such as clothing, towels, or bedding used by an infested person.

The CDC website states, "Scabies occurs worldwide and affects people of all races and social classes. Scabies can spread rapidly under crowded conditions where close body contact is frequent. Institutions such as nursing homes, extended-care facilities, and prisons are often sites of scabies outbreaks."

<https://www.cdc.gov/parasites/scabies/index.html>

Length of time from infection to symptoms beginning. If a person has never had scabies before, symptoms may take 4-8 weeks to develop. It is important to remember that an infected person can spread scabies during this time, even if he/she does not have symptoms yet. In a person who has had scabies before, symptoms usually appear much sooner (1-4 days) after exposure.

Families have contacted UPAN with questions about why individuals who do not have symptoms were not removed from the housing unit before it was quarantined in Green once the outbreak was identified. The fact that it can take weeks for symptoms to develop after exposure and infected is why everyone that was housed in that unit remained in that unit.

Signs and symptoms of scabies. According to the CDC, the most common signs and symptoms of scabies are intense itching, especially at night, and a pimple-like itchy rash. The itching and rash each may affect much of the body or be limited to common sites such as the wrist, elbow, armpit, webbing between the fingers, chest, pelvic area, waist, beltline, and buttocks. The rash also can include tiny blisters and scales. Scratching the rash can cause skin sores; sometimes these sores become infected by bacteria.

Lines sometimes are seen on the skin. These are caused by the scabies mite tunneling just beneath the surface of the skin. These burrows appear as tiny raised and crooked grayish-white or skin-colored lines on the skin surface. Mites are often few in number (only 10-15 mites per person), so these burrows may be difficult to find.

The head, face, neck, palms, and soles often are involved in infants and very young children, but usually not adults and older children.

Persons with crusted scabies may not show the usual signs and symptoms of scabies such as the characteristic rash or itching (pruritus).

Crusted scabies. Crusted scabies is a severe form of scabies that can occur in some persons who are immunocompromised (have a weak immune system), elderly, disabled, or debilitated.

Patients with crusted scabies have thick crusts of skin that contain large numbers of scabies mites and eggs. Persons with crusted scabies are very contagious and can spread the infestation easily both by direct skin-to-skin contact and by contamination of items such as their clothing, bedding, and furniture. Persons with crusted scabies may not show the usual signs and symptoms of

Much of the information in this article can be found at <https://www.cdc.gov/parasites/scabies/index.html>

Update on the Status of College Education & Pell Grants for Utah's Incarcerated

By Kelly Bingham, UPAN Director of Educational Opportunities

Pell Grants in Utah's Prisons. As of right now, Pell grants are available to incarcerated students nationwide. But the process is not yet available in USCF or CUCF. Currently, the Utah Department of Corrections has the first step in place. This is an application process for Utah colleges and universities to apply to participate in college education courses throughout the prison system.

One big issue with providing college courses in USCF is that space is very limited for inmates desiring to receive

scabies such as the characteristic rash or itching. Patients with crusted scabies should receive quick and aggressive medical treatment for their infestation to prevent outbreaks of scabies.

CDC recommendations on how to remove scabies from clothing, towels, or bedding. The same website article referenced above states that scabies mites do not survive more than 2-3 days away from human skin.

Items such as bedding, clothing, and towels used by a person with scabies can be decontaminated by machine-washing in hot water and drying using the hot cycle or by dry-cleaning. This is one reason to not hand-wash clothing, towels or bedding and sending it to the laundry instead in a prison setting.

Items that cannot be washed or dry-cleaned can be decontaminated by removing from any body-contact for at least 72 hours.

Treatment. The CDC states that products used to treat scabies are called scabicides because they kill scabies mites; some also kill eggs. Scabicides to treat human scabies are available only with a doctor's prescription. There's no "over-the-counter" non-prescription products that have been tested and approved for humans.

Always carefully follow the instructions provided by the doctor and pharmacist, as well as those contained in the box or printed on the label. When treating adults and older children, scabicide cream or lotion is applied to all areas of the body from the neck down to the feet and toes. The medication should be left on the body for the recommended time before it is washed off. Clean clothes should be worn after treatment.

In addition to the infested person, treatment also is recommended for household members and anyone who has had prolonged skin-to-skin contact with the infested person. All persons should be treated at the same time to prevent re-infestation. Another treatment may be necessary if itching continues more than 2-4 weeks after treatment or if new burrows or rash continue to appear. If you are experiencing these symptoms, please make sure you put in ICRs and notify medical immediately. Make sure you avoid close contact with others.

an education. I am hopeful the administration will move out inmates who don't wish to learn and grow and bring in those that do. Currently SLCC is offering associate degrees via Pell grant funding.

Currently Salt Lake Community College (SLCC) is not only participating in Pell grants but also has other ways of funding students who do not qualify for Pell grant funding in USCF. (According to Dr. Sam Arungwa, about 1/2 of all inmates will qualify for a Pell Grant, for a

variety of reasons, including having outstanding student loan debt in their history).

The University of Utah is planning to start a bachelor's degree program for women in USCF in the fall semester of 2024 but funding for this program is still unknown.

Brian Fauver, Correctional Administrator II – Education Coordinator at UDC, is currently working with University of Utah and Utah Valley University in the application process to help them understand how they can participate in the Pell grant funding and a UDC prison college education program.

There was also some interest from Western Governor's University which was planning on applying. We would like to encourage every college or university in the state of Utah to participate in educating our incarcerated population to help reduce recidivism and provide a better chance for those being released to overcome the many barriers they will be facing post-conviction. For colleges wishing to participate, they can go to <https://corrections.utah.gov/education/>

The biggest area of concern continues to be the limited number of students allowed to be moved to USCF in

order to take college courses. Our loved ones should approach their case workers regarding their desire to receive a college education and ask to be moved to USCF for this purpose. This is the best option for now.

Unfortunately this is a slow process but the prison is working toward the ability to provide housing to inmates who wish to receive a college education at both USCF and CUCF.

County Jails. Those residing at the county jails will need to rely on Dr. Sam Arungwa and his Post Secondary Correctional Education (PSCE) Program in which he is working to get college courses into each and every county jail. He goes by "Dr. Sam."

Dr. Sam is the Founder and Director of Utah Prevention Science Corporation (UPSC). He was a professor in Sociology and Anthropology at Utah State University until recently. In addition to his work with UPSC Dr. Sam is in a new position at Utah Tech University in St. George. Dr. Sam is currently working with Sheriffs and county jail commanders to try and implement his program. Please see Dr. Sam's article in the July 2023 UPAN Newsletter (Pgs. 6-7) on PSCE Pilot Project in San Juan County Jail.

UPAN Does Not Have List of Pro-Bono Attorneys
Here is Brief Information on Appellate Attorneys for Indigent People

By Molly Prince, LCSW

UPAN continues to receive requests for lists of pro-bono attorneys who will do post-conviction work such as appeals. UPAN does not have such a list. There are a variety of attorneys who do appeals and other post-conviction work. UPAN is not aware of any of them that are doing things pro-bono.

The Rocky Mountain Innocence Center at times takes on a case when they believe a person was wrongly convicted and there is enough to go on to warrant taking that case on. That address is: Rocky Mountain Innocence Center, 358 South 700 East, Salt Lake City, UT 84102 website: rminnocence.org Phone: (801) 355-1888

State funded appellate attorneys. With that said, here is some information provided by an attorney who has worked in a county legal defenders office, about state funded appellate attorneys.

You only have 30 days after the date of sentencing to file the notice of appeal paperwork. This is important! Your trial attorney is obligated to file the notice of appeal for you, even if that attorney is not going to represent you in your appeal, or even if that attorney is from a legal defenders office. Let them know you need

to file a notice of appeal. It is recommended that you or your attorney make a written or electronic record of the desire to appeal within the 30 day limit. Make sure you or someone you trust in the community has access to that documentation.

The 30-day rule is also very challenging because once you are sentenced to prison and go into the R & O process in USCF, you may not have access to enough phone time or writing and mailing materials to arrange for that notice of appeal to be filed. Hopefully you have family or friends in the community to assist with that.

Once the appeal is filed, if you cannot afford an attorney then the appellate court will have the trial court appoint a new attorney for the appeal. This would be an attorney paid for by the county or state, just like a public defender. This applies to the larger counties (Salt Lake, Utah, Weber, or Davis).

If you were sentenced in any other county besides the large counties, the Indigent Defense Commission would be the agency to represent you. Website address is idc.utah.gov Mailing address is: Utah Indigent Defense Commission 370 East South Temple Suite 500, Salt Lake City, UT 84111

"When one door closes, another door opens, but we often look so long and regretfully upon the closed door that we do not see the ones which open for us." Alexander Graham Bell

Inmate Placement Program Concerns Are Not Forgotten

By Molly Prince, LCSW

We have about 1800 incarcerated individuals in the custody and care of Utah Department of Corrections who are housed in various county jails throughout Utah. These are through contracts with the various jails in what is called the Inmate Placement Program (IPP).

UPAN receives periodic concerns from state inmates housed in the IPP jails. We have, for 10 years, tried to find someone who is willing to take on the position and monumental task of Director of IPP for UPAN. It is such a huge undertaking, and UPAN is all volunteer, so no one has stepped up to take this on. We do have several volunteers that look into various aspects of IPP, or report to us on specific jail issues in certain jails, but nothing comprehensive.

In general, it falls to me to communicate with UDC about the various repeated and generalized concerns. It falls to friends and families to reach out to the individual jails their family members are housed in about problems specific to their loved ones.

With the development this year of a new administration in Corrections, we are stepping up our efforts to bring the new administration's attention to the myriad of concerns related to placement in so many different jails, each with their own rules, policies, procedures, property matrices, inconsistent offerings of programs, educational opportunities, lack of chance for employment, and often inadequate medical, dental, or eye care.

I have asked Executive Director Redd about the possibility of making sure the Utah State Division of Purchasing that puts out requests for proposals (RFPs) for those jail contracts begins to consult with UDC about what needs to be included in terms of opportunities and services for state inmates in the IPP program. I have asked why those in Purchasing that create the contracts can't require more consistent guidelines for what is

required of all county jails on IPP contracts. I expressed my questions about why UDC does not move to include certain basic standards that jails should meet to provide compatible privileges, including recreation time, jobs, education, or skills classes as part of their contracts.

The response has been that he is looking into it. He has explained to me that one of his goals is to continue to find ways to increase coordination and consistency throughout Utah's correctional system. This will necessarily include that consistency between the prisons and jails. He acknowledges that while contractual obligations are one way to approach the disparity between jail placements for state inmates, it is not the only approach and we need to think more creatively.

New contractual requirements imposed on counties could also create stress for some of the counties that have contracted with UDC for years. Some counties do not have the local resources to provide the educational or employment opportunities that UPAN is hoping to achieve across all jails for our state inmates.

Redd explained that from UDC's point of view in terms of the contracts, the various counties and their sheriffs have been good partners with UDC in the IPP Program. He believes that he can work with the sheriffs over time to improve things for those state inmates who are housed in the jails.

Redd also acknowledged and assured me that UPAN's feedback on concerns from the incarcerated and their families is helpful in knowing how to spend his administration's time and resources. I have shared stories from families about their loved ones being in IPP jails for years and years, with basically nothing to do.

It is a start. This is the first Executive Director that has taken our concerns seriously and who has agreed to look for ways to improve the consistency.

One Year Later: Demolition of USP Draper Site Complete.

2022 Prayers and Ceremonies: The Blessing & Cleansing of Old USP Draper Prison Site

By Molly Prince, LCSW

Over the past year, families and formerly incarcerated individuals have been watching the methodical demolition of the various buildings that housed thousands – even hundreds of thousands - of prisoners over a 71-year period; where thousands more staff and administrators worked at the old Utah State Prison. As of September 27, 2023 all that is left is the old Wasatch Chapel and one guard tower, which we believe are intended to remain in memory of USP Draper which was in operation from 1951 to 2022.

There has been speculation about the remaining negative, evil energy and there are fears of hauntings on the land that have been expressed by a variety of people. Not everyone is aware of the work that was done a year ago to help to mitigate that very real and important concern.

The following is a re-print of the article from December 2022 UPAN News about what UPAN and the Salt Lake Interfaith Roundtable did in an effort to cleanse and bless the old USP site before demolition began.

September 27, 2022, was a sunny, warm fall day. It was an important day in the history of Utah State Prison. Eight local Faith leaders from the Salt Lake Valley and two First Nations Spiritual Leaders lined up at the gates

outside the entrance to the old Utah State Prison along with Salt Lake Interfaith Roundtable's past-president Josie Stone, UPAN's Karen Thompson and myself. We were waiting to be admitted to the prison site by Director

Jim Russell and Jon Vance of the Utah Division of Facilities and Construction Management (DFCM) and R & R Environmental who was tasked with preparing the old prison buildings for demolition.

This day was the culmination of several weeks of efforts on the part of Karen Thompson, Molly Prince, and Josie Stone reaching out to various UDC staff, the Governor's office, and finally Jim Russell, Director of DFCM.

This was the realization of a vision my husband, the late Lacey Alan Harris, Northern Ute / Northern Paiute spiritual leader who had been a volunteer Native Chaplain at USP as well as a member of the Interfaith Roundtable. From the day he learned of the formal decision to move USP to the new location in SLC by the airport, Lacey discussed with me, and others who would listen, the necessity to cleanse and bless the site to release the dark, negative, and painful energy trapped there before it is torn down and repurposed for public use.

A bit of history. The Utah State Prison has been at its Point of the Mountain location for 71 years. During that time there has been every type of violence and numerous terrible dark acts within the walls the eight buildings that housed prisoners, as well as other areas where the incarcerated worked, received education or therapy, worshiped, and where they recreated. Many survived those horrible acts. Others did not. Either way, harsh and evil energy had accumulated and remained in those buildings over almost 3/4 of a century.

For seven decades people died while in the care and custody of the State of Utah from many causes: age and natural causes; terminal medical conditions; suicide; murder, and other violent deaths. Fourteen men were executed on the Utah State Prison grounds. All died without family or friends nearby, most totally alone. All of these types of deaths create significant fear, anxiety, and resentment in any setting. These emotional energies are amplified in a prison setting.

The need. Over the past 25 years, I have been inside several of the buildings housing prisoners as part of my work on a task force and on tours offered by the former Executive Director Rollin Cook and Warden Bigelow to UPAN families. I was also a weekly visitor of an incarcerated family member for about 8 years. I have personally experienced the visceral effects of the dense, dark energy that was generated from fear, pain, despair, anger, and hate experienced by every inmate and most officers and staff over the past 71 years.

I have heard from formerly incarcerated people and families of currently incarcerated about their experiences with entities or energies remaining in those areas. It is believed that there have been a variety of spirits that had not moved on after their violent or unexpected deaths in this facility.

From a mind / body standpoint, emotions are simply energy in motion. That energy will continue to exist in the environment until something is done to dissipate, transmute, or change it. Therefore, prayers, ceremonies, smudging practices, blessings, and other approaches were called for. Spiritual approaches are particularly useful in reducing and transmuting residual harmful or undesirable energy.

The need for a variety of Utah's religious and spiritual leaders to perform their respective prayers, cleansings, and ceremonies to release the palpable, dense energy and any entities was evident. It could be felt by anyone who entered USP when it was operational.

A plan set in motion. Josie Stone understood the necessity. She quickly joined us in this endeavor. After Karen's initial contacts within UDC, who no longer had jurisdiction over the property, Josie guided us to contact the best people to assist in getting the State of Utah to allow this to happen.

The key person who assisted in facilitating our connection with the right person was Pamela Atkinson, an advisor to the Governor. It was through her that we were connected with the director of DCFM. When I spoke with Director Russell and explained the situation, he was immediately interested and receptive. He understood the necessity to do this for the well-being and success of any future enterprises on that land. He graciously arranged to allow our group access, on September 27th, to the outside perimeters of each of the buildings that housed prisoners.

Those in attendance. Representatives from a variety of faiths represented on the Salt Lake Interfaith Roundtable joined the Native Spiritual Leaders for various periods of time that day to pray in their own traditions, cleanse, release, bless, and bring in divine light and energy to the prison site.

Those who participated include: Rios Pacheco, Northwestern Band of Shoshone; Steve Todachiny, Dine', Father Elias Koucos (Greek Orthodox); Indra and Neale Neelamegham (Hindu); Salman Masud, (Islam); Father Tyler Doherty (Episcopal Cathedral Church of St Mark); Wendy Stovall (Family Federation for World Peace and Unification); Brian Farr (Church of Jesus Christ of Latter-Day Saints); and Jared Anderson, UDC Prison Chaplain.

Karen Thompson, Josie Stone, Rios Pacheco, Steve Todachiny, Brother Farr, and I were present for the entire 4½ hours of spiritual work.

Jon Vance of DFCM and Dave Roskelley of R & R Environmental provided access to each of the eight prison housing buildings. We were told no photographs were allowed, but UDC sent a photographer who was present for about an hour at the beginning of the lengthy process of services and ceremonies.

Our group was accompanied by two highway patrolmen who had been assigned as security for this event. Unfortunately, I did not get their names.

We began with a meeting in an on-site administration building where introductions were made. We learned from Dir. Russell that the State of Utah's DFCM will maintain ownership and stewardship of the site that will be developed in the future. The Point of the Mountain State Land Authority will oversee the actual development. The Wasatch Chapel will remain within the new development.

We were assured that if any human remains are found on the property when development of the 600 acres begins, DFCM will handle it according to the appropriate protocols.

The blessings. The prayers began at the front of the Glass House at Wasatch with prayers from Father Elias and a blessing of song from Indra Neelameggham. We moved inside the fence to the entrance of Wasatch, where Rios Pacheco (Northwestern Band of Shoshone) offered prayers and smudged everyone with cedar. Steve Todachiny (Dine') then offered prayers. They lit the first of the sage wands that would be used for the rest of the day.

There were prayers and songs offered by Salman Masud, Father Doherty and Wendy Stovall at the entrance to Wasatch. Others prayed silently for the release of all things tied to the past and cleansing and refreshing of the site for future use.

We then went to each of the remaining housing units

where both Steve Todachiny and Rios Pacheco offered prayers, smudge for sanctification, and blessings to release all energy that no longer needed to remain and to bring in the light and protection of Creator. Those remaining in attendance, including UDC's Chaplain Jared Anderson also gave their silent prayers during this time.

The following residential buildings were attended to: Wasatch, Uintas, Oquirrh, Genesis (Youth Program), Olympus; Timpanogos; Lone Peak, and Promontory. It was observed that there were still sweat lodge skeletons standing in the yards of Wasatch and the Oquirrh. There was also one still at Promontory we learned later. Dave Roskelley arranged for Steve Todachiny to return in October, at which time he dismantled them and returned them to the mountains.

The entire process was a powerful experience for all who were part of it. We are relieved that this has been accomplished and the earth at the site renewed in preparation for its new use.

I personally am relieved that I was able to help fulfill my husband's vision to make sure that the land was spiritually refreshed and restored for its new purpose in the community.

We at UPAN extend our heartfelt appreciation to Josie Stone, Pamela Atkinson, Jim Russell, Jon Vance, Dave Roskelley and the others in their organizations for making this possible.

UPAN and the community are indebted to the spiritual and religious leaders who offered their services to accomplish this important work.

Honor the space between "no longer" and "not yet." Nancy Levin

Introducing "All My Friends Are Felons" - A Podcast Amplifying Former Inmates' Stories

Shared by Mark Hugentobler

At UPAN, our mission has always been to advocate for justice, reform, and rehabilitation within Utah's prison system. We deeply appreciate your continued commitment to our cause, and today, we are thrilled to share an exciting new project that aligns perfectly with our goals.

You may remember Mark Hugentobler and his book, "All My Friends Are Felons"? Well, as we predicted, Mark is jumping back into this space with his new podcast "All My Friends are Felons".

Mark explains: This actually, is not just a podcast; it's a movement. We believe that every individual has a story, and those who have been through Utah's prison system are no exception. Each episode brings you the unfiltered, authentic voices of individuals who have served time behind bars, sharing their triumphs, challenges, and the remarkable transformations they've undergone.

This podcast aims to amplify authentic stories; we provide a platform for former inmates to share their experiences, their truths, and their hopes, breaking down stereotypes and humanizing their journeys.

"All My Friends Are Felons" dives deep into the flaws and challenges within Utah's prison system from a first person perspective, encouraging critical conversations about reform. By listening to these powerful stories, we hope to inspire empathy, support, and advocacy for much-needed change.

As friends and loved ones of individuals in prison, you are intimately aware of the struggles they face. "All My Friends Are Felons" is here to shed light on the issues affecting those dear to you and to create a space for connection. We invite you to be part of this transformative movement!

Support the podcast! We want this podcast launch to be explosive so we can jump start our reach. To do that, we need your help.

First, you can help by listening to the podcast preferably on APPLE Podcasts or your favorite podcast platform and writing a review. Those listens and reviews in the first week go a long way in getting “*All My Friends Are Felons*” to the top of the charts of new podcasts and extending our audience.

Second, share the podcast with your network, and encourage them to do the same. Together, we can

ignite change and give a voice to those who have been silenced for far too long.

Our inaugural episode is scheduled to launch October 10th, and we cannot wait to embark on this journey with you. Stay tuned for a remarkable series that will challenge perceptions, inspire compassion, and revolutionize our views of justice. Warm regards, Mark Hugentobler

[FYI, for those who need podcast help, do a Google search by typing in the words Apple podcasts, when that option appears on your screen, click it and follow the instructions. Ed.]

Dell-Emerald Topics D-E Fun Time (some T-shirt sayings by Lilicloth): Some things are better left unsaid. But I’m probably going to say them anyway ~~ Apparently I have an attitude. Who knew! ~~ If you think I’m short, you should see my patience ~~ Word of the day: *Hurkle-durkle*. A 200 year old Scottish term meaning to lounge in bed long after it’s time to get up. Happiness is hurkle-durkling.

Progress on the Greenhouse Horticulture Program at USCF

By Molly Prince, LCSW

Todd Barszcz, who has been over UDC’s Greenhouse Horticulture Program for many years, joined the monthly Stakeholders Meeting in September. UPAN attends this meeting with Corrections, other advocates, and various community agencies.

He shared updates on the progress of building the greenhouses, getting the Horticulture Program in place at USCF, and what it will look like as it moves forward.

When the move was made from USP Draper to USCF last year, only cement pads with utility stubs were in place. Since then construction of individual greenhouses has been ongoing. It is anticipated that the first of the larger greenhouses will be operational in October, as will the first of the smaller greenhouses. The larger green-houses will be 6,752 square feet, while the smaller ones will be 6,160 square feet. Eventually, there will be a total of 4 larger and 5 smaller greenhouses at USCF.

The focus of the USCF Greenhouse program will be different than it was in USP. Previously, the Green Thumb program grew plants that were sold to retailers and state agencies, primarily ornamental.

Mr. Barszcz explained that he has been working with various Utah groups to have a different purpose in the propagation of plants in the new program. Unlike other states, Utah does not have a State Greenhouse that provides plants native to Utah to be used for habitat restoration as well as habitat rehabilitation. The new Horticulture Program will fulfil that purpose.

He has been in communication with Mindy Wheeler who is in charge of endangered species of plants in Utah and one of the goals of the new program will be to grow these plants to place back in the wild areas of Utah. Since many state agencies as well as the prison are

looking at moving to low water, xeriscaping options, this new Horticulture Program will contribute to supplying plants to those agencies.

When asked about growing plants that are natural repellants of mosquitoes and other biting insects that could be planted around rec yards in the prison, he indicated he has had conversations about that as well.

In addition to growing plants that are endangered in Utah, as well as naturally occurring plants in the wild, Barszcz has also been working to create a program which will grow plants to support Rachel Taylor who is the head of the Western Monarch Society, whose focus is the Monarch butterfly population which has severely declined in the past 50 years in the western United States. She founded Utah Friends of Monarchs and is also strongly tied to The Pollinator Project, which is a nationwide group focusing on a more native pollinator plant friendly environment.

The plants that will be propagated in the new greenhouses will be non-GMO, Heirloom, Heritage, and Native varieties. They will use natural processes and Mr. Barszcz stated they will focus on low pesticide use.

The Greenhouse Program has historically been limited to male employees. Currently they have 20 incarcerated employees involved in the construction of the greenhouses. Once the two initial houses are ready to run, he will be able to hire 10 more individuals and has a target of around 45 participants.

This program is the only apprenticeship program at UDC. It is the largest and most comprehensive Horticulturist apprenticeship available. It provides 6,500 hours of specialized training and provides an apprenticeship certificate to those who complete it. To date, 20 people have already earned that certificate which would qualify them to get meaningful jobs in

community greenhouses, garden centers, landscaping, etc. upon release in the community nationwide.

Incarcerated women in Utah have not had the opportunity to participate in a Horticulture Program. They are currently developing a plan for a program for female inmates, but nothing has been put into place yet.

Mr. Barszcz also discussed his belief in nature-based therapy which has been proven beneficial in treating PTSD and other mental health and stress-related conditions. He has hopes to create a 1-acre outdoor

botanical garden for the benefit of staff and incarcerated people alike in the future.

A community advocate asked if there could ever be a program that could allow inmate workers to help support local farmers who are struggling to find enough laborers to pick crops. Many are unable to harvest all their crops this year. The response from UDC: they are currently reviewing gate pass policies and the possibility of resuming those types of programs at some point.

It is exciting that the Horticulture Program will be starting again soon!

Financial SCAMS Are Abundant: Beware of Phishing & Fraud

UPAN continues to share information about financial scams aimed at unsuspecting consumers. We hope that providing this information will assist returning citizens and families to protect themselves from the emotional reaction and fear resulting from being contacted by a scammer, particularly about their hard-earned savings. This is from the America First Credit Union (AFCU) website and applies to any financial institution.

Most banks and credit unions have a cyber security team that continually monitors potential threats and has recently seen an increase in attempted scams involving communications via text message, email, and phone. Here are a few important things you should know or do to help us keep your information safe:

- Be skeptical of any unsolicited texts or emails you receive that ask for your personal information or tell you to click a link. If you suspect a message is not legitimate, visit the official site of the organization that allegedly sent the communication and confirm the information directly with them.
- America First—or any other reputable financial institution—will not initiate contact with you by text, email, or phone to ask for your account number, PIN, or other sensitive personal information.
- If you are suspicious of any calls claiming to be from a specific company, hang up. If you choose to call them back, do not use the number from which the call came. Instead, go to the company's official site, find their contact information, and use that to verify the call's legitimacy.

https://www.americafirst.com/about/fraud-management/risk-alerts.html?cid=tgt-olb_account-risk_alerts-afcu-svc-sec-20220419

- Most financial institutions offer anti-fraud tools and services to their members, such as Card Guard® at America First, which can be used to quickly turn off your debit and credit cards if you suspect fraud has occurred. You can also use Card Guard to monitor transactions and set additional card security options. Check with your financial institution to see what it offers to protect you from fraud.

It is highly likely that everyone at some point will be targeted with fraudulent texts, emails or calls. Please know that just receiving them is not enough to compromise your account.

However, if you engage with them and mistakenly divulge sensitive information, you should immediately change your account PIN and password in online banking, set up account alerts, then closely monitor your account activity. If you notice anything suspicious or unusual, visit your nearest branch of your financial institution or contact it as soon as possible. Most banks and credit unions have a fraud team to help resolve your situation and take steps to further secure your account.

Couple of Smiles and Maybe a Laugh My poor knowledge of Greek mythology has always been my Achilles elbow.~~ A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.~~ You don't need a parachute to go skydiving. You need a parachute to go skydiving twice ~~ I have an inferiority complex, but it's not a very good one.

We've made it thru another nine months, now the holidays and the happy days are what is left of this year. Cool! Ed.

Coming Attractions: November UPAN Newsletter: Release Day for Inmates, Families, and Friends Part II and UDC Director Brian Redd at UPAN Virtual Meeting in September (Summary).

Senior Newsletter Editor: Molly Prince, LCSW Detail Newsletter Editor: Warren Rosenbaum

Utah Prisoner Advocate Network Contact Info

Our Contact Information:

Utah Prisoner Advocate Network
P. O. Box 464, Draper, UT 84020

Website: UtahPrisonerAdvocate.org
Email: Utahprisoneradvocate@gmail.com
Facebook: Facebook.com/UtahPrisoner

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead